

## THREE BEARS PORRIDGE



CLOUDY

**MAKES: 6 cups**

### INGREDIENTS:

2-1/2 cups water  
1/4 teaspoon salt  
1-1/2 cups rolled oats  
(old-fashioned, not instant)

### DIRECTIONS:

1. In a medium saucepan, bring water to a rolling boil, add salt if you like, and pour into the oatmeal. Stir to mix.
2. Over medium heat, cook the oatmeal for about 5 minutes, and stir occasionally, until the water is absorbed.
3. Serve with lots of fun toppings.

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### DIRECTIONS:

Try these:

- A. Goldilocks Porridge:  
Drizzle maple syrup over cooked oatmeal. Stir in 1 tablespoon of raisins and 1 teaspoon cinnamon. Put sliced apples or sliced peaches on the top.

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### DIRECTIONS:

B. Mama Bear Porridge:  
Mix in 1 tablespoon of  
whipped cream, 1  
teaspoon grated orange  
zest, and 1/2 teaspoon  
honey.

C. Papa Bear Porridge:  
Add 1 tablespoon  
chopped walnuts, 1/4  
teaspoon of molasses,  
and a small pat of  
butter.

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### DIRECTIONS:

D. Baby Bear Porridge:  
Mix in 1 tablespoon  
mashed banana, 1  
tablespoon plain yogurt,  
and a drop of vanilla  
extract.



Is your porridge too hot? Try a little milk or cream on it.  
It tastes good, too!